

Volunteer Projects

Community Activities



ConnectABILITY.ca

WHAT MAKES IT MEANINGFUL

Volunteer projects allow participants to contribute to their community in meaningful ways, such as helping at animal shelters, hospitals, or community centers. These activities build empathy, social responsibility, and a sense of accomplishment. Participants develop practical life skills, teamwork, and communication while performing tasks that directly help others. Seeing the positive impact of their actions fosters pride and purpose, making the experience both engaging and deeply meaningful.

TIME

- 45–90 minutes (depending on the project and group size; can also be ongoing weekly or monthly)

MATERIALS

- Project-specific supplies (e.g., dog toys, blankets, greeting cards, care packages)
- Protective equipment if required (gloves, aprons, masks)
- Transport or supervision for off-site visits
- Clipboards or notebooks for planning and tracking tasks
- Visual guides or step-by-step instructions for tasks



Activity Title

INSTRUCTIONS

1. Choose a volunteer project appropriate for participants' abilities (animal shelter, hospital, food bank, community cleanup, etc.).
2. Introduce the organization and explain the purpose of the project.
3. Demonstrate any tasks participants will complete and provide guidance.
4. Encourage participants to:
 - Perform assigned tasks safely and with care
 - Work together as a team
 - Ask questions or offer suggestions for improvements
5. After completing the project, gather the group to reflect on what they accomplished and how it helps others.

RESOURCES

- <https://ontariospca.ca/volunteer/>
- <https://www.cardsforhospitalizedkids.com/>

Activity Title

SUPPORTS NEEDED

- Supervision for safety and guidance during tasks
- Assistance with reading instructions or performing fine motor tasks
- Visual prompts or demonstrations for step-by-step tasks
- Encouragement and positive reinforcement to celebrate contributions
- Transportation and coordination with community organizations

OTHER THINGS TO NOTE

- Can be adapted for on-site activities (making care packages) or off-site visits (shelters, hospitals).
- Participants can rotate roles to try different tasks and learn new skills.
- Reflection time afterward strengthens understanding of impact and empathy.
- Flexibility is key: some participants may prefer hands-on tasks, others sorting, organizing, or decorating items.
- Volunteer projects can be ongoing to build routine, responsibility, and long-term community connections.